

# BRIDGES

## FASHION:

Men keep their cool during a summer heat wave **P. 5**

## GARDENING:

Victoria a gardener's dream vacation destination **P. 34**

## WINE WORLD:

Black Tower's latest is full of bubbles and it's pink! **P. 35**

WEDNESDAY, AUGUST 20, 2014

A STARPHOENIX COMMUNITY NEWSPAPER

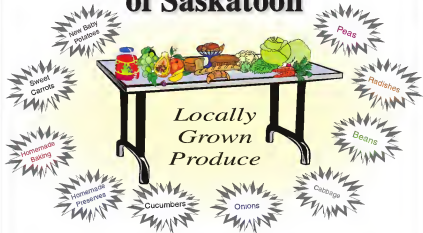
## BALANCING TALENT

MICHELLE KOCUR RACHEY  
DEVELOPS SKILLS AND  
SELF-ESTEEM IN  
RHYTHMIC GYMNASTICS **P. 8**



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## # ON THE COVER PG. 6



Caitlin Klimes, Ariana Molina, Oriana Gimbrenik, and Alexia Farthing perform rhythmic aerobics with their group led by Michelle Kozak. **BRIDGES PHOTO BY MICHELLE BEARS**

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### WINE WORLD — 33

Full of bottles and pink: head for the patio with a bottle of Black Tower.

## # SHARP EATS PG. 26



Seafood recipes will be served at the Chef's for Oceans event at dyden Kitchen + Bar in Saskatoon on Aug. 24. Nathan Murphy (top) prepares oysters (top left). Caesar and fresh chicken on a crostini (top) feature recipes with Mike Green (bottom center). Grilled scallops with local peas (bottom) and smoked salmon (bottom right) in this photo.

## BRIDGES COVER PHOTO BY MICHELLE BEARS

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## Next week in BRIDGES

The thrill of tornado  
hunter Greg Johnson's  
job hinges on  
photography and not  
getting swept up in  
the storm

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# FASHION YXE

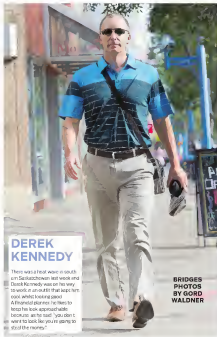
What's your favourite look for the lake?  
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#SASKATCHEWAN FASHION SCENE

## Men's streeter style in Saskatoon

By Jenn Sharp

More Fashion on Page B



### DEREK KENNEDY

There was a first wave in south-central Saskatchewan last week and Derek Kennedy was on his way to work in an outfit that kept him cool while looking good. A financial planner, he likes to keep his look approachable because, in his case, "you don't want to look like you're going to steal the money."

BRIDGES  
PHOTOS  
BY GORD  
WALDNER

### DAVE GRAMBO

Dave Grambo, the owner of a new high-end clothing store, was sweeping the sidewalk on front of a sunny morning in downtown Saskatoon, but he looked way too good to be a street sweeper. His specialty is finding clothes to fit the big and tall men from lines made in countries like Denmark, Italy and Switzerland. Suits that fit well are his passion — there's nothing worse than an ill-fitting suit after all.

His first piece of advice is to find clothes and accessories suitable for the occasion. One of his favourite pieces is a nice sport coat — it can be worn with everything from dress pants to jeans.

"Make sure that it fits right. And don't forget that you can tailor jeans. You don't have to walk the 'heels off'." And as for men that wear sweatpants? "Pants or at the gym only — sweatpants are not fashion items," he said with a laugh.



## FASHION YXE

## DEREK KENNEDY

**1. SHADES:** Maui Jim from an optometrist in Saskatoon

**2. SHIRT:** From Burnside Country Club located south of Saskatoon. He has worn a few shirts from the Willows Golf & Country Club too. "Whenever I go I pack one up. I'm not always cooler but I love the walk. And wearing the shorts!"

**3. BELT:** From Greece — he and his wife Karla went on a cruise there last year. "That was the top of a lifetime. If you get a chance, it's worth it."

**4. PANTS:** From Los Angeles. "I wore all a business conference. They're from an outlet mall."

**5. BAG (AKA MESSY):** "Oh yeah that's my wife. She got really tired of being my purse so to speak so she said 'you can be your own purse.' It had to be small enough that it didn't actually look like a purse. It's saved my life a few times. I've got my wallet, keys, medication, aspirin, bar, receipts, and phone."

**6. SHOES:** Aldo



## DAVE GRAMBO

**1. JACKET:** Jack Victor. Saves him. The sport jacket is made from European cashmere and constructed in Montreal by Jack Victor. Since Row in Glenora's pet label for all the labels that come from Jack Victor. "It's not bad on a hot day. Cashmere breathes and is very flexible. I used to wear the baseball and it always looked good. And it has a nice feel to it."

**2. SHIRT:** Three. He won 120 per cent cotton from the United States.

**3. TIE:** Tie. Baker. It's made in Britain.

**4. WATCHES:** Dink in Saskatoon.

**5. SLACKS:** Gila Slacks. The wool fabric comes from Europe and the slacks are manufactured in Ontario.

**6. SHOES:** For a long time made in Italy.



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# ANNE MCELROY

## My ABC Book ... Wild Creatures! Weird Facts!

Have you ever wondered

• What father carries eggs and babies in "his" pouch?

• What really lay around problems his own ancestor?

• What birds take out baths?

• What bird cannot fly but is the fastest runner in the world?

• What animal cries when it is sad and laughs when it is happy?

• What fish brings out with other fish so it can eat fish poop?



Anne McElroy

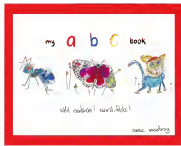
This colorful and funny book is written for parents to read to their children, or for older children to read to themselves. Younger children will also delight in the colors, shapes and letters associated with the drawings, along with the weird facts about the natural world around them.

The illustrations begin as a series of ink, watercolor and pastel drawings. It goes from an alphabet book,

that has been researched and hand printed. The layout of this hand-drawn book was designed by the artist, and the cover was professionally designed.

The author is a visual artist and educator who has studied in fine art and a master's in educational psychology in counseling. This is her first book prompted by the birth of her first grandchild.

The book is available directly from the author (www.anne-mc-elroy.com) or at the Model Art Gallery, Green Ark Collected Home and Modern Country Interiors in Saskatoon.



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# ON THE COVER

I've been performing all my life.

— Michelle Kocur Rachey

## # RHYTHMIC GYMNASTICS

# Faster, higher, stronger — and more confident



Michelle Kocur Rachey coaches her rhythmic gymnastics group at the Blue Kip Cirkus in Marquette. Photos by Michelle Sharp

By Jenn Sharp

Michelle Kocur Rachey picks up her ribbon and lets her creativity flow.

She's been a rhythmic gymnastics athlete forever. Now at 14, she's developing the skills of the next generation.

A nominee for the 2014 SWCA Women of Distinction Awards, Kocur Rachey has led teams at gymnastics events all over the world.

The sport, a unique combination of artistry and dance choreographed to music, features a series of abilities manipulating one or two pieces of apparatus: ribbon, hoop, ball, ribbon or rope. Kocur Rachey's Future Hibern Rhythmic Gymnastics is a non-competitive outlet, usually for women and girls, to learn the sport and demonstrate their skills at performances.

As people progress to the higher

levels, they need more flexibility, agility and dexterity. As their skills develop, so does their self-worth.

• • • • •

Kocur Rachey was five when she started out in artistic gymnastics (vault, beam, floor, bars) in Saskatoon. She stayed at it until she was 10. Training five hours every day after school, with competitions

on the weekends, became too much for the petite leotardo.

"It was very hectic and stressful," she says.

She still loved gymnastics so she joined a rhythmic group that grew tired less. By 14, she was training and coaching four days a week.

"I went from artistic and not loving it to rhythmic and fell in love with it."

She loved the exposure and

non-competitive nature of rhythmic gymnastics. The sport does not force athletes to perform to certain levels. Rather, "At the performance level, if you can imagine it, you can do it."

Her group has used everything from footballs and hockey sticks to the traditional ribbons, balls and hoops. Anything you can manipulate with your hands may find its way into a routine.



She's very passionate about what she does. I think that shows in how many kids she's coached over the years.

— Lori Murphy



Michelle Kozar Sweaty helps her student with a backbend, which helps develop their flexibility strength and flexibility in their gymnastics. Michelle Sweaty is an ACE-certified fitness instructor.

Lori Murphy, one of the coaches at First, re: Rhythms, calls Kozar Sweaty the "God" of rhythmic gymnastics. Murphy started the sport at age 15 with Kozar Sweaty. She now calls her a close friend and creative force for the group.

"She's very passionate about what she does. I think that shows in how many kids she's coached over the years."

"She has learned and grows. She incorporates all kinds of new creative things into the routines she choreographs."

♦ ♦ ♦ ♦

First:re is going to be coaching, but Kozar

Sweaty endorsed the challenge. Her work with youth has helped the sport grow in Seaside, even over the years.

"I just wanted to thank her as usual, I had to share."

In the late 1980s, there were about 50 athletes at the first provincial event for rhythmic gymnastics. Now, Provincial Championships events attract more than 200.

These events and everything the Province Rhythmic does is performance-based. There are no judges, medals or rankings. Instead, they put on gala performances that celebrate movement.

She always has a performer — it's part of who she is.

Continued on Page 30



## HYDE PARK VIEW

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Hyde Park View is transforming the concept of what housing in Seaside means. Combining contemporary style, superb amenities and care in Plant Design, the 50-plus housing development is a truly luxurious new choice and professional address. The 5-story residence by the Elm Lodge Housing Group offers 140 units, including 140 life lease units, 15 ultra-luxury, corner apartments and 25 "pet-friendly" care units.

Life lease units are pre-selling with 97 units still available, including numerous units being sold with a view of Hyde Park. Life lease units range in size from 1,211 to 1,387 square feet, including one bedroom plan with two bedrooms and one bedroom plan with two bedrooms and one bedroom unit with two bedrooms and one bedroom unit with two bedrooms.

Construction will commence this summer with occupancy beginning in 2011. With a life lease you own the least not the property. You purchase the right to occupy the suite for as long as you function independently. Hyde Park View owns the building and property so you never have to worry about the security of your investment. Unlike many, a condo, does not, serve as a temporary bill in the end. You promptly receive your money when you complete your lease. A life lease is price of rent.

The distinctive residence was designed by Seaside architect Charles Olsen of 403061 Architecture. Extensive use of unadorned glass in the building's modern design includes floor-to-ceiling windows which create panoramic views of neighborhood, Hyde Park, with its 337 acres of lakes, golf and walking trails. A swimming 5-acre lake, The View, provides a beautiful lake and outdoor balcony. Many units have balconies with glass panel railings.

All of the interior, today's condo market is offered, including open concept floor plans, state-of-the-art kitchen and modern bedrooms with large windows, quartz countertops and a full master suite with ample storage. Two-bedroom master suites have

walk-in closets and in-suite bedrooms. Guests will be surprised at all in-suite bedrooms. Amenities-Plant Design includes 35-inch wide doors and every suite has a walk-in closet, however, the walk-in closet is not included in the price. There are no steps to entrance. Mechanical systems are a higher standard than most, ensuring with climate control for heat and central air, ensuring well equipped cooking for each suite.

Residents will enjoy the use of extensive amenity space, including the brand style lobby, amenity dining room (with Hot Seat Chef) and game room, meeting room, private area library, fitness center, pool table, workshops, music library, hair salon, and a large shared patio with BBQ space and hot tub. Every life lease unit receives one parking stall in the ground level, located parking, along with individual drywalled storage rooms. Getting in early allows you to choose a parking space away from one of three elevators.

Hyde Park View will also offer 25 personal care units. An individual unit, they will be able to move to a specially designed unit in the same building that will provide the 24-hour personal care they need. This transition will be made in the same building, making these friends remaining there. Their space can move with them as they in their own state. Located by the provincial government, the personal care unit will provide an intermediate level of care needed by residents, ensuring personal. The second apartment wing will begin accepting seniors in May 2015.

Hyde Park View offers some of the most attractive prices in the city, especially when you consider the amenities and the high level of service provided to residents — it's changing the high tide. The Elm Lodge Housing Group has been providing quality housing in Seaside for more than 35 years.

For more information, contact sales representative Shelley Davis at (306) 612-3338 and visit the website at [www.hydeparkview.org](http://www.hydeparkview.org) or stop by Elm Lodge (1125 Main Street) to pick up a sales package.

**www.hydeparkview.org**

I won't ask them to do much that I can't do until they get to the higher level.

—Kocur Rachey



(From left to right) Yoo-Ri Bae, Caroline Klossner, Giovanni Schmitt, Ariana Morales, Mackenzie Foster, Mikayla Davidson and Dendee Garibacchi perform a rhythmic gymnastics routine at the Brian Kopp Center in Warren. Photos photo by MICHELLE ROSE

"I'm now performing all my life," she says with a smile.

She was even performing three weeks after her second son, Aiden (8), was born via C-section. And she coached holding son Rode (8) when he was a newborn.

Now she coaches and demonstrates skills to all ages.

"I won't ask them to do much that I can't do until they get to the higher level."

Her team is currently training for the World Gymnastics. The global gymnastics festival is held once every four years. Next year Kocur Rachey will attend for the fifth time. Three Racheys, however, who she is a consistent coach, have been invited

to perform at the event in Helsinki, Finland.

She helped start Team Saskatchewan's rhythmic gymnastics team which, at the time, didn't appeal to other gymnastics athletes in the province.

She thinks it was because it's a non-competitive team that did not receive funding or promotion. The team raises money through fundraising.

The athletes have a growing larger as people are looking for alternatives to competing. Performing without meeting stringent requirements is appealing.

Don't underestimate the performance quality merely because it's

not competitive.

"We go out there and we perform. We train hard and we train lots," says Kocur Rachey.

Developing a routine is a creative and difficult process. Dancers do all the choreography, matching skills and hand apparatuses to the music.

"Sometimes you'll find music that just clicks with you. When you listen to a piece of music, you can see how much you're going to be using. Sometimes, you can feel the music as the voice."

♦ ♦ ♦ ♦

Kocur Rachey's dream is to have her own facility. Priscilla Ribben's

dream is to have a studio space in elementary schools or gyms.

The sport requires a high ending — the costs associated with it prevent her from obtaining a facility. She started Priscilla Ribben in 1988 after the program she was coaching through a community association was discontinued.

"The athletes' parents came to me and said, 'we want you to coach our daughters. What will it take?'"

She found a facility and started coaching. The first year she had eight athletes; the next 15 and it's grown from there. There are over 100 athletes with Priscilla Ribben now and seven coaches. Kocur Rachey

has a real lot for the three different skill levels she offers.

"When you stop and think about it, it's pretty impressive that we've been able to continue this and share that passion," she says.

Priscilla Ribben often volunteers time to perform at various community events, conferences and school workshops.

Kocur Rachey teaches rhythmic gymnastics to elementary schools and teachers, too.

She says the value of a gymnasium (or correction is a worthwhile investment, as it improves everything from children's balance to hand-eye coordination.

Continued on Page 12

# The StarPhoenix FESTIVALS SASKATOON



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I wanted to share it with as many people as possible. I don't want it to be elitist. That's what I wanted to get away from — Kocur Rachey



Michelle Kocur Rachey loves to perform and began coaching others in rhythmic gymnastics at age 19. HERB RYAN/PHOTO BY MICHAEL WILK

Plus, "It's something different. It's something fun for the kids."

Teaching comes naturally to her. She has an education degree and started out as a substitute teacher in 1984. She was never hired full-time. There was a shortage of jobs in the city then and she wasn't willing to relocate.

She coached some of her coaches when they were younger and now coaches those women's daughters.

The sense of community at Prairie Lakes is huge and they all get along, thanks to Kocur Rachey's ability to empower her team.

"There's a lot of trust and faith in my coaches. I don't feel like I have to go into the gym and anticipate what they're doing all the time. I have complete faith in what they're doing and how they're coaching," she says.

Prices are affordable. Kocur Rachey wants the sport to be accessible.

I wanted to share it with as many people as possible. I don't want it to be elitist. That's what I wanted to get away from."

She says people of all ages can benefit from rhythmic gymnastics, any skill level and body type is accepted.

## Authentic Amish Cooking



Authentic Amish Cooking

### Blueberry Swirl Cheesecake

**Ingredients**

1 cup 1/2 of White Bread crumbs  
1/2 cup (packed) brown sugar  
1/2 cup (1 stick) butter  
1/2 cup (1 stick) butter  
1/2 cup (1 stick) butter  
1/2 cup (1 stick) butter  
1/2 cup (1 stick) butter  
1/2 cup (1 stick) butter

**Instructions**

1. Preheat oven to 350°F. Grease a 9-inch round cake pan with butter. Sprinkle the bread crumbs and brown sugar mixture evenly over the bottom of the pan. Press the mixture into the bottom of the pan. Bake for 10 minutes. Let cool.



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It doesn't matter how tall or short, big or small, flexible or inflexible you are. There's a place for everybody  
—Morphey

## MICHELLE'S SIX FAVOURITE APPARATUSES



### SINGLE BALL

- A performer can roll a ball across his or her chest, from one hand to the other or down the back of the arms and down the back.
- Bouncing, tossing and figure 8s are also common.



### DOUBLE BALL

- One of her favourites, used by some level athletes as a first requisite mastery of a craft ball.
- An athlete must be able to use both hands equally well and at the same time.
- Skills include passing, bouncing, juggling and figure 8s.



### REBORN

- The most shrewd observation and a favourite of everyone who watches rhythmic gymnastics.
- It looks easy but it is one of the most difficult apparatus to handle properly without getting tangled.
- Grapes (or points, also called water waves for younger athletes), spirals (somersaults) and swings (making legs cross) are made to travel with the ribbon.

### CLUBS

- Very difficult to manipulate properly therefore are used by senior level athletes.
- Two clubs are used when starting, performers practice with a sock stuffed into another sock so it doesn't hurt if they catch it.
- Skills include rotations on the vertical or horizontal plane, tossing and catching in same or alternate hands, and tapping a club under the foot on the floor.



### HOOP

- Rotations on the floor like a boomerang, are common as are rotations on the palm of or around the hand.
- A performer can also toss the hoop up and catch it or roll along the floor.



### ROPE

- All the variations of skipping, performed with grace and style plus rotations and passing in balance with the rope.
- Performers can also do crosses, exchanges with others or wrap the rope around their body.

# ALL MUSIC CHANGE

## Selecting the right music teacher for your child

by Paul Sinkewicz  
for SP Creative Features

When embarking upon any journey, it's important to start off by heading in the right direction. Choosing the correct teacher for your child is the first step.

Laureen Kells is president of the Saskatchewan Registered Music Teachers' Association. She says there are many factors that go into selecting the right teacher.

"The big thing is education in their field. Parents have to do their homework. You should make sure you have a teacher who is up to date on the current



Members of the Saskatchewan Registered Music Teachers' Association offer professional music instruction to all levels of students in a wide variety of instruments. (Photo: SP/Chris)

friends and has achieved a certain amount of proficiency in their field," says Kells.

Many people will be familiar

with The Royal Conservatory of Music, but there are other organizations that develop musical talent through study,

evaluation and recognition for teachers and students. It is now possible to focus primarily on contemporary music or Canadian music, for example, while adhering through the levels of achievement. "You can even choose to do all Canadian music," says Kells. "So there are lots of opportunities and choices that parents can make."

The personality of the student comes into play, as does their ability and their interests. "This is where parents have to do their homework," says Kells.

Come prepared with a list of questions when interviewing potential music teachers, like:

How do you feel about my child participating in recitals? Do you offer public performances? Do you encourage your students to do competitions? How long and how often are lessons?

"Certainly finding out about fees is an important question," says Kells. "There are all things parents need to know to make the right choice."

It's about finding the right fit for both the teacher and the student.

Kells, who teaches piano, and has had the experience of seeking his wasn't the right fit for a particular student. "You

CONTINUED ON PAGE 16

ABOUT THIS CONTENT: These ads were produced by The StarPhoenix when facing challenges to provide assurance of this type for commercial purposes. The StarPhoenix editorial department had no involvement in the creation of this content.



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## FALL MUSIC AND DANCE

## TEACHER CONTINUED FROM PAGE 15

have to make sure you give the teacher enough opportunity to find out how to work with your child, but there's nothing wrong with changing teachers if that's what you decide."

It can be a matter of personalities that clash, or something simple like scheduling that doesn't work out. Some teachers like their students to perform at recitals, but not everyone feels comfortable doing that, so the fit doesn't work.

"Some teachers are very traditional, and exam-driven in their teaching, so that might be something that doesn't work for a student," says Kells.

Music is meant to be shared, but it can be a challenge to make sure a performance setting feels fun for the child and they want to be up there, says Kells.

She believes it's important to create an environment in which children feel safe, and emphasize

that music is meant to be fun and they will do great.

If public performance is causing too much anxiety for a particular student, Kells has no problem letting them decide when they are ready.

Whether or not to participate in music festivals is another decision the parent and student have to make. Kells doesn't like to see the emphasis put on winning or losing, and notes music festivals have been moving away from the competition focus. "It's all in how it's presented. Music is a performing art, but it's incredibly subjective too."

The SRMTA is open to all music teachers, but its current membership list is primarily composed of piano, theory and voice teachers. Kells is interested in making sure all music teachers feel welcome to join. There is a specific level of education required, so interested teachers are encouraged to check

the website for membership requirements.

The SRMTA offers professional development opportunities and workshops to its members, as well as scholarships to teachers who want to continue their musical education, and opportunities for students to compete at all levels.

There are branches all over the province, which all belong to the provincial organization and ultimately the Canadian Federation of Music Teachers' Associations.

Kells invites parents and teachers to visit the website at [www.srmta.com](http://www.srmta.com) to find out more about the organization. There is also an alphabetical listing of registered teachers by geographical area, giving parents a starting point for their child's musical journey.

*Saskatchewan is a Saskatchewan Seniors writer.*

## Cecilian Singers extend invitation



A community-based choir, the Cecilian Singers are looking for new members who love to sing. *Supplied photo*

The Cecilian Singers is a community choir based in Saskatoon with members from surrounding communities as well. The choir performs classical music in a wide variety of styles, including sacred and secular classical music, jazz, spirituals, and folk songs.

Some highlights of last season included performing the "Magnificat" in B-flat by Heinrich Dauterive with a string quartet, the beautiful "Sure on the Shining Night" by Morten Lauridsen, Elgar's "The Marston," a Swedish folk song (in Swedish), the pop rendition of "For the Longest Time" by Billy Joel, and as always a healthy dose of JS Bach.

The Cecilian Singers are directed by Graham Gooling, a graduate of the Masters in Choral Conducting program at the University of Saskatchewan. Dore Scholter is the accompanist.

The choir's main focus is the production of two concerts a year in Saskatoon, one in December and one in April. The choir also sing live concerts in Outlook last year and plan to return there again.

New members who love singing and can read music are always welcome. Anyone interested should visit the website at [www.ceciliansingers.ca](http://www.ceciliansingers.ca). Rehearsals are held Wednesday evenings.

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## FALL MUSIC AND DANCE

## Saskatchewan Express a proud musical ambassador

by Jennifer Jacoby-Smith  
of SP Creative Features

For 14 years, Saskatchewan Express has been a proud musical ambassador for the province, providing training and performance opportunities for bright young talent.

The studio offers a musical theatre training in singing, dancing and acting. Classes are available for ages preschool to adult. There are also private courses to accommodate older students.

As part of their goal to continuously meet the changing needs of students, Saskatchewan Express will offer a new class this fall geared specifically for young people preparing for post-secondary education. The class will focus on musical theory and audition technique.

"We have a lot of young kids that are looking to prepare for school auditions, looking at post-

secondary education. And that can be a little bit intimidating," says Lorna Bartyko, Saskatchewan Express director. "They'll have a chance to look at songs and song selection because different schools have different requirements. And if you're going to be doing this for a living it's good to have a repertoire of songs—in an audition book—so you have stuff prepared no matter what the audition is."

Each year the various performance groups of Saskatchewan Express put on several concerts and productions, including a major musical. Last year's musical was *Alexander's Journey*. This year's offerings feature something new for the troupe.

"This year we're doing something a little bit different, because we've had some adult auditions: some interest in doing musical theatre," says Bartyko. The company will

be offering a combination adult and kid class culminating in the production of the comedic classic *Hitler on the Roof* in January. The class will offer moms and dads and members of the public to have a musical audition and a chance to try something different.

"I think it's a lot of fun and I think it's good for kids to understand that doing



Saskatchewan Express has a full offering of dance classes—jazz, tap, ballet, hip hop and lyrical. CDTA exams are also offered in jazz and tap. Pictured here is the senior advanced jazz dance class in the *I Am A Heart* performance. Photo by Amanda Leforge

something creative doesn't have to stop when you're an adult," Bartyko adds.

A very special concert will take place Sept. 28, at the Broadway Theatre, called *Shake it Out*. The concert is the work of their performance group, The Expressions. Each year the group promotes an anti-bullying message.

"I think teenagers in general with social media and all of the challenges they're dealing with, there's a lot of kids dealing with self-esteem issues right now. It's something that we take very, very seriously," says Bartyko.

*Shake it Out* will focus on building positive self-confidence so teens can weather any bullying or negative comments from their peers.

"If we have kids that have that confidence

whether it's performing, whether it's in sports or in education. Whatever it is that they're good at doing. Then they're going to be much more successful," says Bartyko.

The show will also include some "really cool" special guests, according to Bartyko.

In addition to the triple threat training, the goal is provide training and performance opportunities to meet the needs of a variety of aspiring performers.

"We have our three levels," explains Bartyko. "We have our recreation programming. We have our competitive programming. And then we have our performance groups. So we try to have something for everybody. And our emphasis really is on having a fun learning experience, no matter what you want to learn and what you're willing to commit to."

For more information visit [www.saskatchewanexpress.com](http://www.saskatchewanexpress.com)

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## FALL MUSIC AND DANCE

## Jazz Society's new season full of surprises

Don Griffith, artistic director of the Saskatoon Jazz Society, is collecting a bouquet of surprises for the regulars at The Basement, the society's home, this fall.

"Jazz is our closest Saturday night offering and roots has grown into a Friday night favourite," said Griffith, noting that sometimes the parts are interchangeable and are sometimes dictated by the schedules of touring performers.

There is also a new option this year — concerts on Thursday nights — and it is all part of the plan to occupy The Basement with more frequent, given the availability of more acts and the bonus of meal and bar service for three nights.

Astral Young is a singer-songwriter, and a new face to Saskatoon audiences, who will open the season on Sept. 19.

Young probably inherited some writing skills from her father, Scott, who was a prominent Canadian writer, journalist and author. Her half brother is Neil, the legendary Canadian rock star. She has sung back-up on many of Neil's albums, as well as on recordings by Nancy Wilson. Wilton, a group headed by Pezelle and Emmerslie LaBlanc, will be one of the early prize catches in the Roots series, appearing on Oct. 9. They launched their career in Prince Edward Island, are steeped in French, Irish and Scottish styles, and bring key fiddling and fanny step dancing with their show.

Marcel Kogging, a singer-composer from Holland, is going to bring a distinctive European flavour to a jazz concert on Oct. 24. Griffith says it can't often that Saskatoon can catch

a European artist on a tour of Canada.

Early in the season, there will be sold-out shows of the blues. In what is being hailed as *Blues Week at The Basement*, Tim Williams will headline on Oct. 25, Ray Benson on Oct. 26. On Nov. 13, Jim Igyne, the classic player from Vancouver, will introduce an album about his early life in St. Louis. Igyne, once a star in Tim's Whiskey songs, won best male vocalist honours at this year's Maple Blues awards. Big Dave McClean and Steve Dawson will be on the same night's program.

Recent singer Kristin Korb and trumpeter Iliad Turner are going to attend the society's Jazz Education Workshop and part of their commitment will be playing at The Basement on three

successive nights, Nov. 20-22. Korb and Turner will set the stage but during the course of the workshop, at least a dozen bands will get to play with them.

The Femmate Carlie Quintet will deliver a night of Brazilian jazz favourites and original songs, in a jazz session on Nov. 26. Carlie splits her time between Canada, Australia and Brazil, and her strong Canadian connection is Reg Schweiger.

Recent Simon Nissen and pianist Ian Sinclair, who will be home in Saskatoon for the Christmas season, will be joined by the new band, Jon McClellan in a good catch for Dec. 27.

The scheduling comes with familiarity. Booked are Neil Currie and Gillian Snider on Sept. 20, Sheryl Ewing, Skip Kutz and the Hot Club of Saskatoon on Oct. 16, the University of

Saskatchewan Jazz Ensemble on Nov. 2, Kate and the Keweters on Dec. 4-5, the Food Bank pianists from 4:30 p.m. onwards on Dec. 12, Maurice Drouin's Jazz Christmas on Dec. 13-14, New Year's in New Orleans with Griffith's three bands Dec. 31 and the Outback Trio Tribute to Pink Floyd on Jan. 19-17.

Thursday and Saturday shows will begin at 8 p.m., Friday shows start at 9 p.m. Thursdays at 4:30 p.m. are also a sure thing for the season.

Griffith is working at getting a date with Edmonton's seasoned duo of pianist Tannis Banks and saxophonist F.J. Perry, who could happen near the end of May. Perry still works regularly in New York and the exhibition largely depends upon his availability.

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## FALL MUSIC AND DANCE

## SPIN MASTERS: Learn some new tricks for your track

by Hilary Klaven  
of SP Creative Features

There's a technology playground at a nearby university that allows the woman or man on the street to learn some very contemporary music skills. The opportunity to mix beats, rids and snares, create drum tracks and graffiti art, learn hip hop and DJing, a part of a community research project at the University of Regina.

When Dr. Cheryl Marsh created her PhD from York University and first landed at the U of R she was asked a question that shaped her focus going forward: "Many stakeholders in the community wanted to know why young people, and more specifically indigenous youth, are drawn to hip hop culture," she says. "I was happy to take up that question in my research."

For the past seven years, Dr. Marsh has been considering this complex topic. Awarded a Canada Research Chair and a grant from the Canadian Foundation for Innovation (CFI), Marsh created the Interactive Media and Performance (IMP) Labs located on the U of R campus. Many research labs in institutions across the country tend to involve only the researcher and some of their graduate students, with no one else having access. Marsh's goal was to create a space where community-based research could happen.

"I thought creating a space where people could have access to creative technologies, collaborate with artists and researchers, learn and engage in discussion around different kinds of popular music, whether it be hip hop, electronic music, the blues, and media arts practices, would work well alongside a community-based research model," says Marsh. The IMP Labs have become an accessible learning environment for participants from around the province, including those living in remote northern communities. The labs have also made the university environment less intimidating to many.

Consisting of an electronic

book-making lab, a DJ studio and a recording and editing suite, the labs are open to the public two or three nights a week during the fall, winter, and spring terms. Research assistants are on hand to facilitate learning, collaboration and networking. Marsh brings in artists and scholars who can role model a world view beyond the status quo. She and her team work hard to create an environment that can break down barriers and move past inhibitors, whether it is gender stereotypes around technology, or most often, racism typically mapped onto the genre of hip hop. "I have found hip hop is much more than what you see in the mainstream; it is a culture that offers us multiple possibilities for acts of resistance, breaking down barriers, building community, and connecting local and global conversations."

Programs consist of workshops for schools, community organizations, and the broader public. The workshops include dance series, along with the performances and community hours programs, offer people a place to try out the gear, learn about the various practices and culture, as well as a place to play. "This is key for adults as most of us have forgotten what it means to play," Marsh has worked with many school groups and community organizations including Durr Hardy Collegiate and PAVED in Saskatoon, Cormon West and East Collegiate in Regina, and a number of northern communities.

Marsh says what has happened in the past seven years has gone beyond what she could have imagined. "But what's come incredibly good things come out of these programs, there's a flip side in the form of ongoing stereotypes and negative assumptions about hip hop and young culture generated by the media, institutions and governments," she says Marsh.

A year and a half ago, Marsh's research chair was renewed, and she received a second CFI grant. Recently she was also awarded a Social Sciences and Humanities Research Council grant, which

provides almost half a million dollars for the global indigenous hip hop research program to be conducted over the next five years. She'll bring in international youth, researchers and scholars to explore the larger questions about how hip hop and its associated arts, practices and culture have become the contemporary global protest language.

"The experiences we had in communities and working with young people have certainly had a profound impact on the way I do research, and on how I experience the world," says Marsh. She is chronicling her findings in a book that will be available in 2015.



Consisting of an electronic beat-making lab, a DJ pod (shown here), and a recording and editing suite, the IMP labs are open to the public two or three nights a week during the fall, winter, and spring terms. Photo: University of Regina Photography Department

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## FALL MUSIC AND DANCE

# Saskatoon Opera celebrates 35 years

by Paul Skowronek  
for SP Creative Features

Opera is an art form with something for everyone – music, visuals, drama.

Karen Reynaud, general manager of Saskatoon Opera, says young people are a good reason of its power because they often don't bring pre-conceptions with them when they are exposed to it for the first time.

She has been to many school performances with the company and has seen the power of opera as experienced for the first time.

"They just take it at face value and they react vocally to it," says Reynaud. "We bring around what they're not in the hallway after the production and they're all cooed and singing opera on the way back to the classrooms." Saskatoon Opera marked 35 years in the city in 2014. Barbara Montalbetti has been the artistic director for Saskatoon Opera for 15 of those years.

"We're always very proud to be celebrating that length of time," says Montalbetti. "To have an opera company in the city is kind of special."

She says emerging artists are a key focus of the company. "We're very much a regional capital, but we stay very connected with all the companies in Canada and all the young artists, so we're very aware of who is out there. It's very exciting for us to be able to share the talent of tomorrow, to see them come up through these training programs and take on leading roles in other companies."

Montalbetti says singers often connect with Saskatoon Opera because they would like to debut a role. Last season Lauren Segal came to Saskatoon to sing her first fully staged Carmen. "She's a major opera talent in Canada, and we gave her the opportunity to debut," says Montalbetti. "She had a great time here."

Saskatoon has seen Gregory Dahl and Morana Huaman on their rise to fame, not to mention

Barbara's own daughter, Isana Montalbetti, who sings leading roles in North America as well as Europe and starred in Peter Grimes at the Canadian Opera Company in 2013.

"It's a great role, the opera company can fulfill," says Montalbetti. "We have a wonderful, small space at the Royal Arts Centre. It's very intimate and performers feel very free and relaxed. They are really able to try out the roles while connecting with an audience."

This past season the company presented Mozart's *The Magic Flute*, which features some of the genre's most beloved numbers. Montalbetti and Reynaud are deciding on the production the company will mount for next season.

"We're always very proud of our mainstage product," she says. "We've taken the approach of really trying to connect with our community, to experiment to very traditional productions. In Carmen, the newspaper review noted we made opera local at home in Saskatoon, and *The Magic Flute* received similar accolades. What we're attempting to do is bring the form closer to people in this city."

The Opera In Schools program exposes Saskatoon area schoolchildren to abbreviated operas. This past spring the company toured with *The Brothers Grimm*, a 45-minute Canadian opera composed expressly for school audiences. The school shows are short enough to captivate a younger audience and are followed by question and answer sessions.

Since 2001, Saskatoon Opera has performed for thousands of elementary and high school students throughout the region. Reynaud and Montalbetti aren't ready to announce the productions for 2015, but they promise one thing: Saskatoon is in for more great opera.

Skowronek is a Saskatoon freelance writer.

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Argentinian tangos and Scott Joplin, right on up to the entire Beatles catalogue. Thanks to the movers, and contemporary songs and rock.

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play at large and small venues, indoor or outdoors. They can easily move locations during an event – such as from the ceremony to the cocktail reception, and then on to the dinner.

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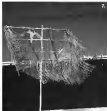
## # SASKATOON FOLKFEST

Saskatoon Folkfest, the event that lets you travel the world without leaving the city, is celebrating its 35th year. The first event, which had 10 pavilions, was held in 1980 as part of the Celebrate Saskatchewan initiative. Today, there are 49 pavilions from as far away as Russia, Madagascar, Ghana and Sierra Leone.

"Thirty-five years of celebrating multiculturalism is a little deal, I think. We're proud we've reached that milestone," Tom Rau, Folkfest's executive director, told *The StarPhoenix*.

At the 2013 Folkfest, 34,600 passports were sold. Numbers were up this year as people enjoyed food, entertainment and good times with cultures from around the globe.

BRIDGES PHOTOS BY GREG PENDER





# IN THE CITY

# AUGUST 11, 2014 — 7:24 P.M.

## Singing for peace



Children from the Japanese Children's Choir sing at the Peace Monument in Rotary Park during a memorial to victims of Hiroshima and Nagasaki. (GORDON PHOTO BY GREG GORDON)



## # CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |     |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |     |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |     |     |

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| Threats to livelihoods | 10                   | Don't know some      | 42                    | Just acts [by]   |
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| 13                     | Can't see in America | 45                   | "Don't know           |                  |
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| 19                     | Don't know           | 51                   | Don't know            |                  |
| 20                     | Don't know           | 52                   | Don't know            |                  |
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| 25                     | Don't know           | 57                   | Don't know            |                  |
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| 28                     | Don't know           | 60                   | Don't know            |                  |
| 29                     | Don't know           | 61                   | Don't know            |                  |
| 30                     | Don't know           | 62                   | Don't know            |                  |
| 31                     | Don't know           | 63                   | Don't know            |                  |
| 32                     | Don't know           | 64                   | Don't know            |                  |
| 33                     | Don't know           | 65                   | Don't know            |                  |
| 34                     | Don't know           | 66                   | Don't know            |                  |
| 35                     | Don't know           | 67                   | Don't know            |                  |
| 36                     | Don't know           | 68                   | Don't know            |                  |
| 37                     | Don't know           | 69                   | Don't know            |                  |
| 38                     | Don't know           | 70                   | Don't know            |                  |
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| 41                     | Don't know           | 73                   | Don't know            |                  |
| 42                     | Don't know           | 74                   | Don't know            |                  |
| 43                     | Don't know           | 75                   | Don't know            |                  |
| 44                     | Don't know           | 76                   | Don't know            |                  |
| 45                     | Don't know           | 77                   | Don't know            |                  |
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| 49                     | Don't know           | 81                   | Don't know            |                  |
| 50                     | Don't know           | 82                   | Don't know            |                  |
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| 52                     | Don't know           | 84                   | Don't know            |                  |
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| 54                     | Don't know           | 86                   | Don't know            |                  |
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| 56                     | Don't know           | 88                   | Don't know            |                  |
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| 65                     | Don't know           | 97                   | Don't know            |                  |
| 66                     | Don't know           | 98                   | Don't know            |                  |
| 67                     | Don't know           | 99                   | Don't know            |                  |
| 68                     | Don't know           | 100                  | Don't know            |                  |

# JANRIC  
CLASSIC  
SUDOKU

**Laurello Giovanni**

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

8			5	7			1
1	4			8			9
		2	1		7	3	
	7			8	9		2
6				1			4
5		9	7			8	
	6	1		5	8		
7				6		4	5
2			4	9			3

Solution to the  
crossword puzzle and  
the Sudoku can be  
found on Page 35

# RV BLOWOUT!

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### EXAMPLE # 1-24AA

**EXAMPLE 5** 1-249

## SHADOW CRUISER TT

Model 185

**EXAMPLE # 2.236A**

### EXAMPLE 4-23

## SUNSET CREEK TT

Model 395RM

**EXAMPLE # 3.2353**

### EXAMPLE 4 3-2003

REMINGTON FW

Model 250 CX



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# SHARP EATS

See a food trend you think deserves a highlight in Bridges?  
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or visit Bridges on Facebook

## SASKATCHEWAN FOOD SCENE

# Fun events to help you get your summer seafood fix

By Jenn Sharp

Seafood lovers may be conflicted but that doesn't mean we can't eat some great (and sustainable) seafood.

Regina's Pacific Fresh Fish has expanded and renovated, and is throwing a grand reopening party to celebrate. On Aug. 22, treat the staff for food demos and seriously good specials, like half-price shrimp. Specials on shrimp, king crab and fresh Fraser River sockeye, plus daily features are on all week.

Pacific Fresh Fish opened in Regina in 1980. Recently, they took over the historic location next door and have expanded to fit the space. Part of the renovation project is modernized, insulated tanks for lobster, reusable systems and drains, plus a larger seafood selection.

The store stocks fresh and frozen fish from around the world, with most — like the salmon, cod, sole and rockfish — coming from Alaska and B.C. East coast scallops and mussels are in store, along with at least 30 shrimp varieties from various global locations. The lobster comes from Canada and Cuba.

Owner Ted Williams says they stock sustainable seafood whenever possible, but adds they can't quite make do without farmed fish. He has even preferences for wild over farmed in that it tastes better but adds that the area is well-farmed.

As it turns out — properly sourced — it's environmentally better and he thinks it's healthier," he says of wild fish.

The problem is that the world eats more fish than can ever be caught in the wild.

He says farming is moving in the right direction though, with "a lot of less than great pushing from environmental groups."

Pacific Fresh Fish carries sustainable fish (black cod) from an organic farm and occasionally they'll bring in shad from environmentally friendly dry land tanks. Dry land tanks are an option that's much better for the



Seafood lovers may be conflicted, but the chefs for Century event at Appleton's Kitchen in Regina on Wednesday, Aug. 20. Chef Nathan Murphy (right) shows a salmon and shrimp ceviche on a cracker. Local herb butter with Pine Wine Bacon cream, grilled Baccara with local peas, carrots and smoked sausage. Photo: Peter G. Hynes

environment. Because they don't use nets suspended in the ocean, land and ocean don't affect the ocean's ecosystem. The shore-based farms are sus-

tainably controlled.

"You don't affect anything but the fish you're farming. You see after with the waste. It's really green. That's all

more expensive. That's why fish farms continue to do the open cages in the ocean," explains Williams.

Les Paulsen of the Coonass Arts Cen-

tre and Geoffrey Gurnell Murphy from the Doubletree by Hilton hotel will be doing demos using sockeye salmon, fresh from the Fraser River run.

# SHARPEATS



## CHEFS FOR OCEANS

Aug. 24, 5 to 9 p.m.

Tickets \$20 at Ayden Kitchen and Bar, 265 Third Ave. S., 366-9946, 2990. Enjoy sampling plates created by Ayden, Poole Harvest Cafe, the Night Owl Bakery and Three Ferns, along with guest speaker Ned Bell on sustainable seafood, healthy takes, events and oceans.

Doubtless by Hilton executive chef Geoffrey Garret. Muchly will answer: sockeye, salmon and shrimp samples for the Pacific Fish fish guard re-opening in Prince, exhibits in the hotel.

According to reports, an estimated 10 million sockeye are expected to return this year during their annual migration, the most beautiful since 1970 (when a record-breaking 10 million sockeye overwhelmed the river).

Willams says sockeye's equality is related to the length of the run.

"A fish needs to be full of good nutrients for a long run. The Fraser sockeye have some of the longest

runs in the world. The fish caught at here at offshore heading for the Fraser are at least five to six months old in the world for basic and nutritious. We love to promote the Fraser when it's in good health. And this year is supposed to be a really good year."

Chefs for Oceans is making a stop in Saskatoon to promote sustainable seafood and healthy waterways in Canada. The outdoor

event is hosted by the Four Seasons Hotel and Ned Bell, executive chef at the YVW Seafood + Bar on Vancouver. On July 1, Bell started out as St. John's, Nfld., on a coast-to-coast cycling trip, a partnership with the Vancouver Aquarium Ocean Wise project, he'll be in Saskatoon on Aug. 16 at Ayden Kitchen + Bar for a collaborative food and educational event.

"Sustainability is something

we try and [promote] here," says Ayden's co-chef and owner Nathan Murphy. Guggenheim. Proceeds from the ticket sales will go toward Chefs for Oceans.

Fraser Harvest Cafe, Three Ferns, Lucky Seaside Butcher, the Night Owl Bakery and Great Western Brewing Co. will all be taking part in the event. Chefs will prepare sampling plates using fish provided by Oceans Wise, such as

sturgeon and trout, and Bell will be sharing stories and answering questions.

For a comprehensive listing of Oceans Wise recommended fish varieties, visit [www.oceanswise.ca/seafood](http://www.oceanswise.ca/seafood). For more information about Chefs for Oceans go to [www.chefsforoceans.com](http://www.chefsforoceans.com).

[jeff@chefsforoceans.com](mailto:jeff@chefsforoceans.com)  
[twitter.com/chefsforoceans](http://twitter.com/chefsforoceans)

# OUTSIDE THE LINES

## # Colouring contest

Each week, Stephanie McKay creates a timely illustration relevant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to [findgold@chicalaparc.com](mailto:findgold@chicalaparc.com). One winner will be chosen each week. Please send entries by Monday at 5 a.m.



Last week's contest winner is Karben Seashrink Herkenes. Thanks to everyone who submitted entries!



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## EVENTS

What you need to know to plan your week.  
Send events to [bridges@theatraphoenix.com](mailto:bridges@theatraphoenix.com)

## # MUSIC

Wed., Aug. 20

**Shark Pancher**  
Buds on Broadway  
517 Broadway Ave.

**Indian Handcuffs w/ Black  
Heidi**  
Vangelis Tavern,  
501 Broadway Ave.

Thurs., Aug. 21

**Dawn Gallagher**  
Cocklers Restaurant &  
Lounge  
1-327 Pinehouse Dr.

**Apollo Cruz**  
Buds on Broadway  
517 Broadway Ave.

**Wax Mammograms/Myles  
and the Skinks, and Brendan  
Fishery**  
Vangelis Tavern,  
501 Broadway Ave.

**Change w/ Neurospillo  
Cumbalgrat, Grimeace and  
Biba Thiel**  
Encanto Film & Record,  
150-320 Third Ave. S.

Fri., Aug. 22

**Activist Magazine**  
Buds on Broadway  
517 Broadway Ave.

**Starston**  
Army & Navy Club,  
359 First Ave. N.

**Moss Heit**  
The McKinley Robinson,  
1300 Eighth St. S.

**The Skyscraper**  
Fairfield Senior Citizens'  
Center,  
103 Fairview Ct.

**Despite the Reverence w/  
Feeling Fiction**  
Angus Centre,  
632 10th St. E.



Saskatoon native Megan Long will perform at The Capital Music Club on Friday.

**Megan Long w/ Anna Hay-  
estock**  
Capital Music Club,  
244 First Ave. N.

**Northern Line w/ The Black-  
man Paintings and Black  
Thunder**  
Vangelis Tavern,  
491 Broadway Ave.

**Call Me Mandy**  
Pizzys Pub and Grill,  
1603 10th Ave. N.

Sat., Aug. 23

**Wax Without Shame**  
Buds on Broadway,  
517 Broadway Ave.

**Starston**  
Army & Navy Club,  
359 First Ave. N.

**Lady Hawk**  
Nations Legion,  
3021 Louder St.

**Gemile & Dale**  
McKinley Robinson,  
1300 Eighth St. E.

**Mahogany Frog w/ Chad  
Mansueti and Wasted Catho-  
dical**  
Angus Centre,  
632 10th St. S.

**Call Me Mandy**  
Pizzys Pub and Grill,  
1603 10th Ave. N.

Sun., Aug. 24

**Acoustic Night: Jack Semple**  
Buds on Broadway,  
517 Broadway Ave.

Mon., Aug. 25

**The Rob Hill Band**  
Buds on Broadway,  
517 Broadway Ave.

Tues., Aug. 26

**The Rob Hill Band**  
Buds on Broadway,  
517 Broadway Ave.

## # ART

**Novelty Art Gallery**  
Until Sept. 16 at 950 Spadina  
Cres. E. Summer exhibi-  
tion: Convicted Beauty in  
the Company of Emily Carr;

**Sympathetic Magic**, examining  
the Canadian northland  
from shore perspective; &  
Vital Force, works from 1903-  
53 by the Canadian Group of

Painters. The Artists by Artists  
Memorial Program reflects  
Susan Weigman's work with  
his mentor, Morris Lambo.

**The Still Gallery**  
Until Aug. 22 at Area, 265 Sec-  
ond Ave. N. An artist reception  
and show, with works by Cindy  
Pellmar, Iris Hauser and Jackie  
Miller.

**The Gallery at Frances Mar-  
rison Central Library**  
Aug. 20 to Sept. 18 at 311 23rd  
St. E. Steven Portillo by Area  
Staircase Reception Aug. 21,  
7 pm to 9 pm.

**The GalleryArt Placement**  
Until Aug. 21 at 328 Third Ave.  
S. Lending by Bruce Montcom-  
mery. An exhibition which  
includes a series of drawings  
as well as site-specific sculp-  
tural installation. Reception  
Aug. 21, 6 pm to 10 pm.

**Gordon Gresham Gallery**  
Until Aug. 21 in Room 191 of the  
University of Saskatchewan's  
Murray Building, Eighth & CAC  
Certificate Student Graduate  
Show. Reception Aug. 15, 7:30  
pm to 9 pm.

**Unreal City Art Show**  
Until Aug. 23 to Oct. 17 at 195 Sec-  
ond Ave. N. New works from  
Jessica Schwab, Jan Tiedeman  
and Luke Wierman. Reception  
Aug. 23, 7 pm.

**The Stonefield Gallery**  
Until Aug. 26 at 234 20th St. W.  
Paper Commission, a print  
and poster exhibition of lo-  
cal and national artists and  
designers.

**SCVP Gallery**  
Until Aug. 29 at 253 Third Ave.  
S. Works by Renée Kellen-  
bach.

**Pruned Arts**  
Submission deadline is Aug.  
29, 5 p.m., at 424 20th St. W.  
or [artinfo@prunedarts.ca](mailto:artinfo@prunedarts.ca)  
or 1 Am the Bridge. Call for  
submissions. Open to all.

Saskatoon-based video, film  
or media artists. They are  
looking for short video or film  
works to be screened as a part  
of the 2014 Culture Days festi-  
val on Sept. 27 at 6 pm.

**Reeling Fine Art**  
Until Aug. 30 on the eighth  
floor of the Delta Descham-  
bault Hotel. The mixed media  
work of Aboriginal artist  
Heather Shillinglaw.

**Station Arts Centre, North-  
west**  
Until Aug. 30 at 751 Gateway  
Ave., near the Northern  
Landscapes by Mark Who  
Paints, Cane Forests, Greg  
Hauptman, Paul Trotter, Roger  
Trotter, Ken Van Rens.

**Freddie Bion Gallery**  
Until Aug. 31 at 136 Eighth  
St. S. *Remnant Beauty*  
Views from the edges of the  
Terrestrial Paintings by Barry  
Sering.

**Art in the Centre at  
Pavilions Centre**  
Through August at 119 Gresh-  
am Cres. Works by Water-  
man and Tiedeman.

**Affinity Gallery**  
Until Sept. 1 at 813 Broadway  
Ave. & Show about Nothing:  
Works by the new 2014 Inter-  
national Participants and Invited  
artists.

**Centre East Galleries**  
Until Sept. 16 at The Centre &  
display by Showcase of Arts  
Winner in the Royal Gallery,  
a display by Museum of Art-  
ists in the Jack Gallery, a  
display by Saskatoon Artists  
guild in the Amber Gallery, an  
art display by Art Expressions  
with Michael J. Martin in the  
Serra Gallery, photographs  
by Imagery Photography in  
the Crown Gallery, a display  
by Ukrainian Day in the Park  
in the Lowndes Gallery, and  
display by Saskatoon Public  
Schools in the Mergida and  
Indigo Galleries.

## EVENTS

**Museum in Valley Centre Gallery**

Through August at 622 Third Ave. S. Take a Walk With Me, views of Saskatchewan by Patricia L. Clark. Original watercolours inspired by walks and travels along the Mackenzie Valley and beyond.

**Handmade House Showcase**  
Until Sept. 27 at 710 Broadway Ave. Uchiyama Arts. Featuring works by ceramic artist Bonnie Gilmaur.

**Humboldt and District Museum and Gallery**  
Until Sept. 27 at 601 Main St. in Humboldt. Two Perspectives, pottery and paintings by Mel Bolen and Karen Hodson. "Saskatchewan 100 Years: Quilt Block Challenge" runs until Sept. 27.

**Likewise Museum of Canada**  
Until Oct. 5 at 910 Dundas St. E. Omsky Single. The colours of his World, a reception and screening of the documentary *The Automobile Journey* will be held on a Friday in September at 7:30 p.m.

**# FAMILY****Stars and Strikins**

Wednesdays, 1 p.m., at Centre Chalmers in The Centre. Choice of two movies each week. A baby-friendly environment with lower loud volume, dimmed lights, a changing table and stroller parking in select theatres.

**LLLC Saskatoon Daytime Series Meeting**

Third Wednesday of the month through August, 10:30 a.m. at Market Mall in Saskatoon. 20 West. 201-1130 20 St. W. All women interested in breastfeeding are welcome. They meet the third Wednesday of the month, January to April. Call 306-655-6805.



*Peaches and Cream* by Bonnie Gilmaur is on display at Humboldt Valley Centre Gallery.

and Saskatoon@gmail.com.

**Children's Play Centre**  
Help at Lawson Heights Mall. A fun, safe environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

**Market Mall Children's Play Centre**

Help just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

**Breastfeeding Cafe**  
Thursdays, 10 a.m. to 11:30 a.m., at Westside Primary

Health Centre, 3211 Fairlight. On a drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

**Fun Factory Indoor Playground**

Daily at 1833C Quebec Ave. A giant indoor playground for youngsters. Adults and children under one year are free. There is a separate fenced-in area for children under two.

**Meets for Mommies**

Thursdays, 1 p.m., at Rainbow Gardens in The Centre. An infant-friendly environment

with induced sound, change tables, bottle warming and stroller parking.

**Puppets at the Marm & Saskatoon Story**

Aug. 21, 11:30 p.m. to 2:30 p.m., at the Marm's Theatre, 326 119 St. S. Presented by staff from Museum Valley Centre. A story about the early years of Saskatoon. Donations are appreciated. Information at 306-666-6872 or [ehill@2014marm.com](http://ehill@2014marm.com).

**Canadian Light Source (CLS) Public Tour**

Thursdays, 10 p.m. and Aug. 21, 7 p.m., at the Canadian Light Source, 44 Innovation Blvd. The good weather research facility is open for

the public. Pre-registration is required. Call 306-951-3644, email [outreach@lightsources.ca](mailto: outreach@lightsources.ca) or visit [lightsources.ca/education/public\\_tours.php](http://lightsources.ca/education/public_tours.php).

**4Cats Summer Camps**

Until Aug. 21, 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m., at 4Cats Saskatoon, 105-1103 English St. E. Various outcomes for kids ages five to 12. Visit [4cats.com](http://4cats.com).

**Pranatal Yoga Summer Session**

Until Aug. 30, Thursdays at 7 p.m. and Saturdays at 11 a.m., at Balance Within Energy and Wellness, 300 Third Ave. S. Six-week classes taught by Nina Zettl. A safe and nurturing environment for women.

to be. Prepare for the birthing process through breath-work, relaxation and meditation techniques. To register email [freedomwithyogapops@gmail.com](mailto:freedomwithyogapops@gmail.com).

**Y&B Bookstart Kids Camps**

Until Aug. 21, 9:30 a.m. to 3 p.m., in Saskatoon. For ages seven to 16. Skills development using, building rules, fun games and basic skills. Finishers with the North-South Indian Journey. Aug. 22-23. To register call 306-742-2430 or visit [y&b.ca](http://y&b.ca).

**Shops@nitro!**

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power-walking, leads, creating music using exercise tubing and a socializing for parents and babies. Pre-register at [nursenandbeefishfitness.com](http://nursenandbeefishfitness.com). No classes on start holidays.

**Coffee Time for Moms**

Fridays, 10 a.m. to 12:30 p.m., at Bibbidi Bobbidi Boo 11-105 Central Ave. Moms enjoy a free cup of coffee while children play in the playroom.

**Baby Talk at SPL**

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Carle Branch, Saturdays and Wednesdays, 10:30 a.m., at CRT Wright Branch. Half-hour singing and rhymes, then play with other parents.

**Funky Art4Kids Summer Kids Camp**

Until Aug. 22 at Funky Art4Kids Studio. For ages eight to 15. Discover elements of art, use many media types and sources, explore new techniques and application, learn art history and keep a daily sketchbook. With a field trip to the Menden Art Gallery. To register email [funyart4kids@gmail.com](mailto:funyart4kids@gmail.com).

## EVENTS

**Being a Good Parent and Preschool Camp**

**Until Aug. 22 in Seaside.**  
The camp is designed for parents and their preschool child to enjoy active games, crafts and activities together. Register at 306-652-5445 or [mediasolutions.com](mailto:mediasolutions.com).

**Hustles Hockey Camp**

**Until Aug. 22 at Duke/Herf Arena at the U of S.** For ages five to 14. On- and off-ice hockey instruction as well as other skill activities. Visit [recreation.usask.ca](http://recreation.usask.ca).

**Salvation Army Beaver Creek Camps**

**Until Aug. 22 at Beaver Creek.** Includes music camp, adventure camps, morning and kids camps, teen camp and family camp. Visit [beaver.camp.ca](http://beaver.camp.ca).

**Sci-Fi Science Summer Camps**

**Until Aug. 22, 9 a.m. to 4 p.m., at the U of S Science campus.** Technology games, computer science camps, medical science camps and veterinary science camps. Visit [usask.ca/summer\\_camps.php](http://usask.ca/summer_camps.php).

**Summer Art Camp**

**Until Aug. 22, 9 a.m. to 4 p.m., at the Art Gallery.** For ages six to 12. Ome, paint, collage, design, ball, imagine and play. To register call 306-953-5447 or email [art@usask.ca](mailto:art@usask.ca).

**Summer Ecology Camp for Kids**

**Until Aug. 22 at the U of S.** Various five-day camps for kids ages eight to 14. Visit [usask.ca](http://usask.ca) and learn about various elements of the environment. To register call 306-966-1039.

**Living History Children's Workshops**

**Until Aug. 22 at the U of S.**



Catch Family Story Time at the Pearson-Maxon Centre Library and Roth Corner on Tuesdays, Thursdays and Saturdays, 10:30 to 11 a.m. Stories songs, finger plays and rhymes connect the 30-minute program for preschoolers, their families and friends. Photo by photo by photo.

**Museum of Antiquities** for ages six to 12. Activities, art projects, crafts, games and workshops featuring the cultures of the ancient and medieval world. Visit [usask.ca/museum/index.php](http://usask.ca/museum/index.php).

**Seaside Zoo Summer Camps**

**Aggie's Beaver Day Camp**  
**Until Aug. 22, 9 a.m. to 4 p.m., at the U of S College of Agriculture and Forestry.** One- and four-day camps, campers must bring a lunch. Register at [usask.ca](http://usask.ca) or email [aggie@usask.ca](mailto:aggie@usask.ca).

**Until Aug. 22 at the Seaside Zoo.** For kids ages seven to 14. Spend a week at the zoo and get to know the animals. Hands-on experiences, crafts, and games. Day lunch and snacks are required Monday to Thursday, with a complete lunch Friday. Visit [usask.ca](http://usask.ca).

**Craft and Story Time**

**Saturdays, 11 a.m., at Indigo Books, 3322 Eighth St. E.** In the kids section. Call 306-244-5377.

**Hustles Sports Camps**

**Until Aug. 22 at the U of S.** For ages 13 to 17. Wrestling, basketball, contact football, volleyball, and various soccer camps. To register call 306-965-1800 or visit [usask.ca](http://usask.ca).

**Discovery Day at the Museum**

**Aug. 24 at the Children's Discovery Museum in Market Mall.** The third Sunday of each month in 2008, admission is free. Courtesy of the Museum Club of Saskatoon.

**Summer Kids Day Camp**

**Until Aug. 24, 9 a.m. to 4:30 p.m., at Winkwaskwin Heritage Park.** For kids ages seven to 10. Exploring, crafts, First Nations history and entertainment.

**Healthy snacks and lunches are included.** To register call 306-930-6767 ext. 364, or email [cameron.mowbray@usask.ca](mailto:cameron.mowbray@usask.ca).

**Prenatal Yoga**

**Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S.** Register to learn valuable prep designed to help with postpartum recovery. Bring friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [usask.ca](http://usask.ca) or email [pregnancy@usask.ca](mailto:pregnancy@usask.ca).

**Prenatal Yoga**

**Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S.** Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-203-0443 or email [pregnancy@usask.ca](mailto:pregnancy@usask.ca).

**Canlan Hockey Camps**

**Weekend camps Mondays to Fridays, until Aug. 29.** For kids ages seven to 12. Players must wear full hockey equipment. Visit [usask.ca](http://usask.ca) or email [canlan@usask.ca](mailto:canlan@usask.ca).

**Children's Activity Camps**

**Monday to Fridays, until Aug. 29, 9 a.m. to 4 p.m., at the U of S.** Organized by the College of Kinesiology. For ages five to 12. Various activities in full- or half-day camps are available. Visit [usask.ca](http://usask.ca) or email [children@usask.ca](mailto:children@usask.ca).

**Robbie's Robotic Toy Playroom**

**Mondays to Fridays, 10:30 a.m. to 3:30 p.m. and late right Thursdays, at Robotic Studio, Box 3, 725 Central Ave.** With a wet area, kitchen and shopping centre, puppet theatre, stage and crafts. To book, please, or to check for availability, call 306-964-4711 or email [bb@robuststudio.net](mailto:bb@robuststudio.net).

**Regisnew**

**Tuesdays, 9:30 a.m. to 10:30 a.m., at Grace-Westminster United Church.** Hosted by Marie Heints Learning Community, a group of families inspired by Waldorf philosophy. Programming is aimed at children ages two to five, but all ages are welcome.

**Free school library**

**Tuesdays, 10:30 a.m. to 11 a.m., at McNally Robinson, 3330 Eighth St. E.** For children ages three to five in the Circle of Trees. Call 306-556-1477.

**McNally Yours**

**Tuesdays until Aug. 26, 10:30 a.m. to 1:30 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S.** A course for expectant mothers, including education series, preparing parents for the birth of a child. To register visit [usask.ca](http://usask.ca).

**Agriculture in the Classroom Summer Garden Program**

**Tuesdays to Fridays through August.** A free all-ages drop-in program. Activities and games surrounding gardening, healthy eating, sustainability, and cultural perspectives. Tuesdays, 1 p.m. to 3 p.m., at Mayor Community School and Saturday, 10 a.m. to 12 p.m., at St. John School, Wednesdays, 1 p.m. to 3 p.m., at Confederation Park Community School and St. John School, Thursdays, 1 p.m. to 3 p.m., at Westmount Community School and St. Anne School, and Fridays, 10 a.m. to 12 p.m., at St. Marie des Neiges Community School and St. Anne School. Visit [usask.ca](http://usask.ca) or email [agriculture@usask.ca](mailto:agriculture@usask.ca).

**Gymnastics Camps**

**Until Aug. 29 at 3702 Mitchell Ave. S.** Various schedules for ages two to 16. Visit [usask.ca](http://usask.ca).

# EVENTS

**More and Baby Outdoor Stroller Fitness Classes**  
Tuesday and Thursday until Aug. 28, 10:30 a.m., along the Metrowest Trail. Meet new moms and get a whole body workout. To register and for starting location call 306-370-3830 or email: [Saskatoon5tandMe@telus.net](mailto:Saskatoon5tandMe@telus.net). More information on Facebook.

**BRIGGS-4-KIDZ Saskatoon**  
Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit [briggs4kids.com](http://briggs4kids.com) or call 306-375-3265.

**Saskatoon Public Library Programs**  
Ongoing daily programs for children and families. Find the calendar at [saskatoonlibrary.ca/index1216](http://saskatoonlibrary.ca/index1216).

## # SPECIAL EVENTS

**Walk on Wednesdays**  
Weekdays through August, 10:30 a.m., starting at the Metrowest Bridge. History information walks with a free-will donation program staff member. For information call 306-665-6668.

**Trinis Night**  
Aug. 20, 8 p.m., at The Woods & House, 148 Second Ave. S. Hosted by Trini Blanche Saskatoon. Trinis games and drinks. Supporting: Matt Blanche Saskatoon. Sept. 27

**The Metrowest Crossing Ladies Society's First Annual at Metrowest - Mystery**  
Aug. 20-24, 20-24 at the Barn Playhouse on Highway 12. The ladies of the Metrowest Crossing Ladies Society are writing their own play, filled with murder, mystery and music. Call 306-



At the 32nd Cruise Weekend Show & Shine, featuring classic cars, motorcycles and trucks, lots downtown Saskatoon on Sunday.

Photo by Michelle Sirog  
239-4660

**First Annual Mother-Daughter Tea Party**  
Aug. 24, 1:30 p.m. to 5:30 p.m., at Coffee & Cakes Emporium, 5544 Gray Ave. Tickets at the store or 306-373-4459 until Aug. 20.

**10th Annual Saskatoon Golf Tournament**  
Aug. 21, 10 a.m. to 7 p.m., at Midway Park Golf Course. Presented by Saskatoon Food Processors Association. Tickets at picnic sites.

**Fourth Annual Music 4 the Out**  
Aug. 26, 7 p.m., at Cornerstone Church, 315 Lorne Dr. A musical benefit concert for Children's and Adults featured 40 local performers. Tickets at McNally Robinson, the Saskatoon Academy of Music, [music4theout.com](http://music4theout.com)

**SIPC Games**  
Thursday through August, 7 p.m., by the Saskatoon Games movement in Rowlands Park. Saskatoon International Public Club (SIPC) dances. Learn dances from many countries around the world. No admission. Visit [sipc.saskatoon.ca](http://sipc.saskatoon.ca)

**First Annual Swinging for Strains Golf Tournament**  
Aug. 21 at Greenhills Golf & Country Club. Includes 12 holes of golf, Texas scramble with a shotgun start, golf cart rental, potluck, post-game BBQ dinner, silent auction, fantastic prizes, and live contests. Raising funds for the STRAINS Foundation. Register as a team or an individual. Call 306-408-1520, email [elise@strains.ca](mailto:elise@strains.ca) or visit [strains.ca](http://strains.ca).

**Shaw's Legal Hearing**  
Aug. 23, 9:30 a.m., at Ses-

sakatoon International Raceway. Street racing in a safe and legal environment. Admission at the gate.

**Live Thoroughbred Racing**  
Aug. 22-23, 7 p.m., at Maple Downs. Live horse racing in true sporting style.

**Rock the River**  
Aug. 22-24 at Stessborough Gardens. A classic rock festival featuring Honeyman Sutra, Harlequin, Dog & the Slugs, Dr. Hook w/ Live Sawyer, Sweat, Private Lee Aiken, Kenny Sheld, & Streetheart. The Headpins, Hells and Tawana. Tickets at 306-938-7800, [bakeinvestor.ca](http://bakeinvestor.ca)

**Paint the Town: Pop-Up Art Gallery & Travel Auction**  
Aug. 24, 5:30 p.m. to 10:30 p.m., at TCU Place. Presented by the Saskatoon Community Foundation. Fine art by 50-

saskatoon artists, entertainment by Jack Spill and Wilco-Belton on travel, auctions and dancing. Hosted by Brent Louisa and Penny Murphy. Tickets at picnic sites. Tickets purchased by Aug. 22 will be entered into a draw for Ruby Perry tickets. Ruby will help support the implementation of Franklin Covey's The Leader in his process in identified Saskatchewan schools. Visit [paintthetown.saskatoon.ca](http://paintthetown.saskatoon.ca). **Rock 102 Show & Shine**  
Aug. 24, 10 a.m., downtown in Saskatoon, featuring more than 300 vintage and collector cars, trucks and motorcycles.

**River Landing Market**  
Sundays until Oct. 4, 8 a.m. to 2 p.m., at 120 Somerset Blvd. Featuring markets alongside the Farmers' Market. A wide variety of art, imports, home furnishings, fashions and decor.

**Live at Larch 2014**  
Aug. 23, 11:30 a.m. to 1:30 p.m., at the Victoria School's Little Show Stage. Live local music outside on Southview Ave. Featuring Chant Nody & Beth Kanner and Larch.

**12th Ukrainian Day in the Park**  
Aug. 23, 12 p.m. to 8 p.m., in Victoria Park, hosted by the Ukrainian-Canadian Congress - Saskatoon branch. Live entertainment includes Ukrainian folk ensemble, Ukrainian dance ensemble, violinist Nicole Enchukov, and Ukranian dance ensemble. With Ukrainian folk, children's activities, souven-

**Cruise Night! Seek Hop**  
Aug. 23, 4 p.m., at Montana Lagoon, 3021 Louisa St. Vintage cars from 4 p.m. to 7 p.m., food from 6 p.m. to 10 p.m., costume party, dancing at 8 p.m., and music by Lady Hawk. Tickets at 306-734-6303 or at the door.

**Mark Prian Walking Performance**  
Until Aug. 24, along River Landing. He will walk with an agenda, while walking through the River Landing paths. His walker often plays a rendition of Carl Gustav Oberg's *Der Vogelkundler* (The bird caller) and songs belted onto the path to feed the birds. This project is part of the 2014 Macmillan Program.

**Glen's Day Out at the Park**  
Aug. 24, 11:30 a.m., at Arbor Creek Park. A fundraiser event for the Children's Hospital Foundation of Saskatchewan, and to raise awareness about safe driving and the importance of organ and blood donation. With bouncy castles, slides, face painting, cotton candy, a dunk tank, silent disco performance and more.



# EVENTS

## Points Race #10

Aug. 23, 2 p.m., at Saskatchewan International Raceway. Alcohol featured. Admission at the gate.

## Antique Appraisal

Aug. 24, 1 p.m. to 4 p.m., at The Main Residence, 320 16th St. E. Bring your family treasure to be appraised by the Main's local antique expert for a nominal fee. Limit two items per person.

## Easter Seals One Zone 2014

Aug. 25, 8 a.m., at Carlton Tower. A fundraiser for Camp Easter Seal. Raise money and repeat down 22 stories. Register at the drop-in zone. For information call 306-374-4445.

## Saskatchewan Express Musical Theatre Studio Registration

Aug. 25, 5 p.m. to 6 p.m., at Gence Saskatchewan Centre, 203A Pacific

Ave. A day of registration information and performances. Enter in a draw for a free class. Information at 306-477-9903, or visit [saskatchewanexpress.com](http://saskatchewanexpress.com).

## 2014 Drive for Kids Campaign

Aug. 26, 5 p.m., at Pineland Park. Supper with a golf legend. Featuring Fred Couples, Jay Mass and David Feherty. Tickets at [picnic.com](http://picnic.com).

## # THEATRE

### Men

Until Aug. 24 at Station Arts Centre, 701 Railway Ave., Southern. When Paul and his wife's grandfather Paul embarks on a drive from Calgary to Mesa, Arizona that have very different goals in mind. What begins as a desperately long trip for this unlikely pair turns into a warm, heartfelt journey of friendship and self-dis-

covery with plenty of laughs along the way. Tickets at 306-230-5332.

### A Glass Walk with Petie Cline

Until Aug. 24 at Persephone Theatre & Globe Theatre production. Follow the legendary country and western music sensation as she climbs to stardom...from small town Virginia to Carnegie Hall in this musical featuring her greatest hits. Tickets at 306-364-7727, [persephonetheatre.ca](http://persephonetheatre.ca).

### Shakespeare on the Saskatchewan

Until Aug. 24 at the Shakespearean. Romeo and Juliet and The Taming of the Shrew. Tickets at 306-938-7800, [ticketmaster.ca](http://ticketmaster.ca). Visit [shakespeareonthesaskatchewan.com](http://shakespeareonthesaskatchewan.com).

Good tidings are a free, unannounced service offered by volunteers. Udding will be provided if space permits.



A Glass Walk with Petie Cline runs until Aug. 24 at Persephone Theatre.

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\*Section 42 only. While supplies last. Maximum 6 tickets per person/office.

# GARDENING

## # WEST COAST GARDENS

# Victoria a gardener's dream vacation destination

By Eri Svendsen

This week I'm on vacation, spending time with my brother on Vancouver Island in Sidney, just north of Victoria.

Of course I'm doing more than looking at gardens (I spent an afternoon watching the biggest Little Airshow took in the Valley exhibition at the Royal B.C. Museum, engaged local brews, great food and much more). But Victoria is the self-named City of Gardens and it's difficult to resist spending some time admiring the splendour that is only possible with a Medici-like sensibility.

I expect most gardeners have heard of The Butchart Gardens, which has been sowing pop culture since Butchart started transforming an abandoned limestone quarry more than 100 years ago to what is now a world-class attraction. But there are several other lesser-known gardens in Victoria besides Butchart's that are worth visiting.

The first one I stopped at this week was the English Rose Garden beside the Empress Hotel on the shore of Victoria's Inner Harbour. There you'll see dozens of carefully tended tea roses in shades of red, pink, mauve, white and yellow. Not only will you be overwhelmed by the masses of colour but when the sun is still, the perfume is nearly overpowering.

It's not a large garden but it has a big impact. Next to the garden is a large manicured lawn under the shade of trees, ideal for weddings and other special events.

One more area, the Gardens at the Hartzenrueck Centre of the Pacific (www.hcpc.ca) started out as the Gladstone Gardens in 1899. It's a premier botanical garden, showcasing garden styles and more than 10,000 varieties of plants started for the Pacific Northwest.

The HCP is also a teaching facility addressing industry training needs as well as those of amateur

gardeners. There are over 30 distinct areas including the rhododendron, herb, winter, Mediterranean and artemesical grass gardens.

I particularly enjoyed the tranquility of the Takata Japanese Gardens with its bridges, soothing sound of running water, seating for repose and reflection, and of course, lush, beautiful plants.

The house draping garden is a new addition and contains dozens of one- to two-foot tall trees like little leaf lindens, ash, cedar and pine, some over 100 years old. While there, my brother and I engaged a healthy lunch at Nishisho Bistro. The menu features gluten-free, dairy-free and vegan options. Open your mind and there is a daily entrance cost.

Another of the best-kept gardens in Victoria is Finlay Garden at the University of Victoria (www.uvic.ca/finlay). Originally established on two acres in 1955 with the donation of 200 rhododendrons, it has grown to include more than 1,000 rhododendrons and azaleas on 6.5 acres. Complementing these are over 4,000 different moisture loving shrubs, perennials and ground covers, with ponds, grassy areas and lawns, all interconnected by a network of pathways. The site has been carefully planned to provide year-round interest with an ever-changing palette of scent, colour, texture and form.

The best time to view the rhododendrons is in the spring. However, even in August, there is much to see and the cool shade is a welcome relief from the heat. There is no cost to wander around this garden.

The City of Gardens splits over to Sidney. There is much to admire in the little seaside town and while the scale of public gardens may not compare to those found in Victoria, they are equally impressive including these award-winning public buildings like the local library.

The garden there is well tended and contains both the familiar (madrastria, laurel, lily-of-the-valley and geraniums) and the not-so-fam-



The Takata Japanese Garden at the Horticulture Centre of the Pacific. PHOTOS COURTESY OF SVENDSEN



The public library and beautiful surrounding gardens in Sidney. B.C. Shrubs gardeners' courtyard (at Swenson's conservatory) is located in the garden capital of Canada.



The Finlay Gardens at the University of Victoria

ilar (devoid), serves that great plant connoisseurs: shrub hydrangeas and rhododendrons.

The familiar ones are larger and more vigorous versions of anything that one be grown on the Prairies due to the hearty yearling, longer

and growing season.

Is there for another week with many more gardens to visit.

How a gardeners' garden? Contact Gardeners' Association 250-366-5552 or gardeners@victoria.ca

This column is provided courtesy of the Association of Professional Society (www.apssociety.ca/horticulture/yakoo.com). Check out our bulletin board or calendar for upcoming horticulture events (LeBar & LeBar at the Finlay Park garden tour).

# WINE WORLD

## #SASKATCHEWAN WINE SCENE

### Black Tower's fresh and fruity pink bubbly

By James Romanow

The wine world is still full of people who think wine denotes recreation and white table cloths. No, I like cheap and cheerful. The more cheer the better, as there is sufficient sorrow and tragedy in this world without breaking your heart or bank account over gold-glazed oysters for wine.

Can there be anything more striking than a pink glass? Well if yours is a hangable nature, concerned that without at least three wine magazines recommendations no wine is drinkable, then Black Tower's Pink Bubbly is not for you.

It is a \$13 wine that is full of bubbles and — worse still — is named pink. Obviously they didn't make the slightest effort to hide the fact they actually named the darn stuff Pink. But it's bubbly. Well, it's bubbly. In a kidding way.

We all need wine that we can serve on the deck to whiny guests. And such beverages should not be introduced. Just the act of pouring the stuff into a glass should have your guest slumping like a dog when you're caring the road least.

Black Tower's is indeed pink. It is also bubbly. It is fresh and fruity and I challenge you to find a more unobtrusive drink. It is also a mere \$6 per cent alcohol by volume — let the bells ring out



and the banners fly! This may not sound like a big deal, but if you serve a reasonably fit and fit-and-sober wine to a group of 14 per cent wine, it is as if you probably shouldn't let her drive home immediately.

So grab a couple of glasses and someone you like and head for the garden with a bottle.

Black Tower Pink Bubbly Germany 2013

\$12.95 \*\*\*

More wines, cocktails and beers on Twitter @jromanow

## Crossword/Sudoku answers

LARS	SCAM	BAJA
KLIA	UNDO	ODELL
YEDTURNER	PAFTS	
RRRZZZ	OVERFED	
IGN	DGR	SIDEB
	OKAR	IDO
YES	KNOW	AMAZON
STAR	GIA	SOFA
ENFIN	BREAKS	SUP
RAW	CAP	MURDS
ALPH	SOFA	SALE
WALMART	LLAMAS	
ONTOP	STEEVE	JOBBS
KNOT	IGONE	AREA
ONER	TOTS	RELY

8	3	6	5	9	7	4	2	1
1	4	7	3	8	2	6	5	9
9	5	2	1	4	6	7	3	8
3	7	4	6	5	8	9	1	2
6	2	8	9	1	3	5	7	4
5	1	9	7	2	4	3	8	6
4	6	1	2	3	5	8	9	7
7	9	3	8	6	1	2	4	5
2	8	5	4	7	9	1	6	3

## YWCA Renew



Program begins in October - call 306 244 0944 today

**FREE 8 week program** designed for women who have experienced breast cancer at any point in their lives. Includes relaxation, gentle exercise, information and support. For information or to register call: 306 244 0944 ext 123. Registration deadline: September 1, 2014.



**FITNESS ON 25TH | YWCA SASKATOON**  
510 25TH STREET EAST | 306 244 0844  
WWW.FITNESSON25TH.COM



## Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,  
Do lichens have roots? Maybe.

Dear Maria,  
Lichens, pronounced 'liken', are really weird-looking forms. Plants only send roots to bring in water and nutrients, since lichens are able to dry out completely and be rehydrated by rain they have no need for roots. What about reindeer? Yes, they do need reindeer. These little beasts climb right into their 'hooves', or tines, from dust particles in the atmosphere and sometimes from the surface they are growing on. How do they grow, you ask? The sun provides the algae a home out of water and the algae can make carbon sugar using the energy of the sun through a process called photosynthesis. These are the building blocks that help the lichens grow. Deciduous lichens absorb everything in their environment, they are very sensitive to pollution and are used to indicate the quality of the air in an area. My favorite are the paw cups — just as their name suggests, these lichens form chalice shapes that collect dew and raindrops for the little people... the forest of course!

Send your questions to me at the address below, then watch Biddle for the answers.

Your pal, Chip

Patricia-Lee Biddle Smith  
1000-1000 Highway 95 N  
Bathurst, New Brunswick, Canada

chip@meewasin.com  
E-mail: chip@meewasin.com



**Meewasin**



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